



Dear Parents,

From birthday parties to holidays, there are many celebrations in school and we love celebrating with your children. We are asking for your support in our effort to create a healthier school environment by replacing sugary, high fat treats with more nutritious options. Here are a few ideas:

Birthday Celebration Ideas

Non-food celebrations are enjoyed by all students. Consider alternatives to sending your child to school with a treat for their birthday. Some ideas are:

- ◇ **A simple craft for each classmate to do**
- ◇ **Donate a book to the classroom or school library with your child's name in it**
- ◇ **Donate other classroom or playground supplies (contact the teacher for ideas)**
- ◇ **Read a book of the students choice to the class.**

If you would like to send a snack for the class, try to stick with healthier food suggestions like those listed to the right.

Healthier Classroom Celebrations

For Holiday parties, try getting creative with snacks:

- ◇ **Banana ghosts (bananas dipped in yogurt and frozen with raisin eyes)**
- ◇ **Heart shaped fruit**
- ◇ **Popcorn garland (popcorn and dried fruit)**
- ◇ **Color theme day—red, green, yellow**
- ◇ **Seasonal fruit or veggie tasting party**

Come up with fun themes or activities to be the focus of parties, rather than the food:

- ◇ **Monster freeze Dance or musical pumpkins**
- ◇ **Make snow globes or holiday cards**
- ◇ **Teach an Irish dance step**
- ◇ **Have a heart hunt with activities (jumping jacks, hop on one leg) written on hidden paper hearts**
- ◇ **Crafts, bingo or other games.**

Healthier foods for Snacks and Parties

- ◇ **Fruit Kabobs**
- ◇ **Fresh veggies with low fat dip or hummus**
- ◇ **Yogurt parfaits with low or non-fat yogurt, fruit and reduced fat granola**
- ◇ **Fruit smoothies**
- ◇ **Crackers (such as triscuits, wheat thins, etc.)**
- ◇ **Tortilla chips with mild salsa**
- ◇ **Baked chips**
- ◇ **Low fat pudding cups**
- ◇ **Popcorn**
- ◇ **Graham crackers or animal crackers**
- ◇ **Mini bagels with cream cheese**
- ◇ **Trail mix ***check with teacher about nut allergies**
- ◇ **Apples with caramel dip**
- ◇ **String Cheese**
- ◇ **Gogurt**
- ◇ **Applesauce or fruit cups**
- ◇ **Water, 1% milk, 100% juice**